

shredded chili tofu

Makes 2-3 servings

RECIPE ADAPTED FROM: [It Doesn't Taste Like Chicken](#)

PREP TIME: 10 minutes

COOK TIME: 30 minutes

1 350g block extra-firm tofu
1 Tbsp avocado oil
1 Tbsp tamari or soy sauce
2 tsp chili powder
½ tsp smoked paprika
½ tsp garlic powder
¼ tsp cayenne pepper (optional)

NOTE

If you'd like the tofu to more closely resemble BBQ shredded chicken, heat up ¼ cup of your favorite BBQ sauce and ¼ cup water in a pan, and after the tofu is done baking, stir in the tofu. The tofu will absorb some of the liquid and soften to create a meaty texture.

PREHEAT your oven to 350°F (180°C).

LINE with parchment paper or lightly grease a large baking sheet.

DRAIN off the excess water from the tofu and pat dry. (There is no need to press the tofu.)

USE the large side of a cheese grater to grate the block of tofu into shreds. Set aside.

MIX the oil, tamari/soy sauce, chili powder, smoked paprika, garlic powder and cayenne (if using) in a large bowl.

ADD the shredded tofu and use a spatula to gently toss to evenly coat the tofu in the seasonings.

SPREAD the tofu evenly over the prepared pan.

BAKE for about 30 minutes, stirring the tofu halfway through, until the tofu is browned. For chewier shreds you will want to bake them a little longer, or for more tender shreds bake them a little less.

SERVE over a salad, in tacos or lettuce wraps, on a baked potato, or any other way you like.

SHREDDED tofu will last for several days in an airtight container in the fridge.

